



News That's Fit To Print

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Notes from Editor

Hopefully you have made it through the holidays with your sanity and your health. Were you able to maintain your fitness levels? How about some new ones for 2009?

New Year's Resolutions usually mean starting over. This shouldn't be you. You should have already been focused on your fitness goals from 2008 and can now expand them into 2009.

Enjoy the process of completing your goals!

Yours in Health,

Dave Radin
Editor

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Give a Gift to Yourself that last a lifetime....

It is 2009 and by now you are looking back at the previous year and wondering how it went by so fast. You may even be thinking about how you never really met your new year's resolution from last year. This year will be different, right?

Your damn right it will!! Instead of getting into a fitness routine half assed, thinking of this as giving you're the gift that lasts a lifetime. If you have been watching NBC's the Biggest Loser, the common theme for all of the finalists was a lifetime change to become healthy and fit for themselves and their families.

You want to do good for your family and provide for them to keep them safe and healthy. Who doesn't? Question for you: How can you provide for your family and take care of them if you cannot take care of yourself? Taking care of others is very honorable, don't get me wrong. If your health suffers as a result of neglecting yourself, how can you help your friends and family?

Many of you many think I am being selfish. I workout and take care of myself so I can wrestle with my son, play with my daughter, and have enough energy to spend time with my wife. I couldn't even begin to do that if I didn't exercise on a regular basis.

I'm not going to lie and tell you that it is easy. There are days that all I have are a few minutes. I may run, perform core exercises, bodyweight cardio circuits, or just one particular body part. The point is I do something. Remember that exercise is cumulative.

I know that the foundation I set now will turn into a pretty substantial investment down the road. Plus, I am setting a tremendous example for my kids.

With exercise, what you put in (or don't) you get back. You put in the energy, effort, intensity, and desire, you get that back in the form of great health, increased life expectancy, plus the body you have always wanted.

If you don't exercise, don't complain when the weight adds up, high cholesterol and high blood pressure force you take medications that make you feel queasy and sick. The choice is yours. You have no one to blame but yourself for the choices you make.

Start now and dig in. Take that first step right now. No one is going to take it for you. You have to make that decision to take that step.

Grab your health this year, the gift will last a lifetime.

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LOOK!

Did you know if you refer friends and family who sign up for a training package, you can receive complimentary sessions!! For more information, ask your trainer the next time you are working out, or call either the Mooresville or Cornelius locations for more information.

Fitness Quiz

Your skeletal system provides you with all of the following functions except:

- A: Protection
- B: Aid for motion
- C: Storage for minerals and fat
- D: A site for hematopoiesis
- E: All of the above functions are provided by the skeletal system.

Answer on page 4.

Hot Topics

High Intensity Training Best for Reducing Visceral Body Fat

In July of this year we reported a study that found **16-weeks of high intensity interval training reversed Metabolic Syndrome or Syndrome 'X.'** Of the factors contributing to metabolic syndrome, abdominal and visceral fat may be responsible for most of the associated increase in cardiac and metabolic risk. **A recent study has found high intensity exercise to be most effective at reducing visceral fat**, again decreasing risk factors for metabolic syndrome.

Researchers at **Wake Forest University** compared the effects of high intensity vs. low intensity exercise on abdominal visceral and **subcutaneous fat deposition** in middle-aged, obese women with diagnosed metabolic syndrome.

The **high intensity group exercised above the lactate threshold** (~85% HRR) three times weekly and below the lactate threshold on two additional days. **The low intensity group exercised below the lactate threshold** all 5 days. After 16 weeks participants were assessed for total abdominal fat, subcutaneous abdominal fat and visceral abdominal fat. **In addition, factors associated with cardiometabolic risk, such as HDL-C, blood pressure, triglycerides and fasting blood glucose were measured.**

The high-intensity group significantly lowered all factors associated with body fat whereas the low intensity group failed to exhibit any significant change. Most impressively, the high intensity group lost 4 times more overall body fat, 5 times more abdominal fat, and 3.5 times more visceral fat than the low intensity group. **The high intensity group also experienced 50% greater improvement to VO2max compared to the low intensity group.**

Irving, B.A. et al (2008) Effect of Exercise Training Intensity on Abdominal Visceral Fat and Body Composition. MSSE. 40(11): 1863-1872.

www.exercisetc.com

Exercise of the Month— Kneeling Hip Flexor Stretch

Preparation

- Kneel on one knee.

Movement

- Brace your abdominals, lunge forward from the hip until you feel a strong stretch in the hip and thigh.
- Hold for 30-60 seconds.
- Return to the start position and repeat on the opposite side.

Tips

- Avoid arching the low back, head and chest up.
- Front knee should not move past toes.



FACTOID

Currently, an estimated **65.2** percent of U.S. adults, age 20 years and older, and **15 percent** of children and adolescents are overweight and **30.5 percent are obese**.

Figures according to www.obesityinamerica.org

Trainer Spotlight



Gary Holland
ACSM-HFI, NASM-CPT,
LMBT#6641
Personal Trainer

Gary holds certifications from both the American College of Sports Medicine as well as the National Academy of Sports Medicine and is a certified as a Golf Fitness Specialist. Gary has extensive experience developing and implementing fitness and sports performance programs for the general public, the weekend warrior, as well as the high level athlete. Gary is also a Licensed Massage Therapist with extensive training and experience in post rehabilitation training.

Your New Year's Resolution Solution

The holidays are over and it's the time when weeks of sloth and over indulgence prompt the annual migration to local fitness centers. Motivated, these folks resolve to work hard to reach their fitness goals. The trouble is, the enthusiasm to make changes in exercise habits and diet are usually short lived. Reality soon sinks in with the realization that changes don't occur overnight. Motivation fades and we slip back to our old unhealthy habits until the next New Years rolls around. Make this year the last you resolve to get fit.

Change your attitude about fitness ...

If you have the wrong attitude about fitness, you're setting yourself up for failure. Exercise is not:

- Punishment for bad eating
- Painful
- Too time consuming
- Boring
- Impossible to sustain over a long period of time

With thoughts like this, how long do you think you'll stick with your program? Who wants to do something painful, boring or obligatory?

Try a different perspective and look at exercise as:

- A way to boost energy and improve mood
- A special time of the day that you have to yourself
- A chance to let your mind rest
- A break from a stressful workday
- A way to improve your quality of life

Look at exercise a different way and watch the results.

Things to consider when making your resolution...

Avoid choosing the same resolution that you make every year: This is a great way to set yourself up for failure, frustration and disappointment. If you are tempted to make a promise that you've made before, then try revising it. For example, instead of stating that you are going to lose 30 pounds, resolve to eat healthier and increase your weekly exercise.

Create a game plan: All successful businesses start with a business plan that describes their mission and specifics on how they will achieve it. The 16-0 New England Patriots wouldn't be the dominant football team they are now without the meticulous game planning by their coach and the team's willingness to stick to the plan. Write your own personal plan and stick to it and you'll be more likely to succeed as well.

Remember it will take time: Don't get discouraged if you don't get excited about working out or eating right everyday. Even the most committed exerciser doesn't always want to do it. Know that you will have to work on it every day. They say it takes about 21 days to create a habit and six months for it to actually become a part of your daily life.

Seek help from a professional: Studies have shown that assistance from a fitness professional greatly improves the rate of weight loss success. A well qualified trainer will help keep you accountable, will design a program to meet your specific needs and will keep your workouts safe, effective and fun!

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Quiz Answer:

E. All of the above.

Your skeletal system provides protection of vital organs, aids in movement w/ the skeletal system, and stores minerals and fats.

Check out the latest books written by the pro's at Precision Fitness: (click on picture)



Chef's Corner...

Grilled Lamb Chops with Apple-Mint Glaze

This recipe serves: 4

Ingredients

For the apple-mint glaze:

- 2 tablespoons apple cider vinegar
- 2 tablespoons sugar
- 1/2 cup apple preserves or jam
- 2 tablespoons freshly chopped mint
- salt to taste
- white pepper to taste

For the lamb chops:

- 8 loin lamb chops
- 1 tablespoon olive oil
- salt and pepper

Cooking Instructions

For the apple-mint glaze:

1. In a small saucepan, heat the cider vinegar and sugar over medium heat until the mixture boils and the sugar dissolves. Add the apple preserves or jam and bring it to a boil. Remove from heat and gently stir in the fresh mint.
2. Season with salt and pepper to taste.

For the lamb chops:

3. Preheat the grill to medium-high.
4. Sprinkle the lamb chops with salt and pepper and drizzle with olive oil.
5. Place the lamb on the grill and cook until the juices run clear, 6 to 8 minutes per side.
6. Place the lamb chops on a serving platter and brush them with the apple -mint glaze.

Serving Size: 2 loin lamb chops

Nutrition Information

Serving Size 2 Loin lamb chops

Number of Servings: 4

Per Serving			
Calories	370	Carbohydrate	32 g
Fat	13 g	Fiber	1 g
Protein	31 g	Saturated Fat	0 g
Sodium	604 mg		

www.foodfit.com



Health Tip

Be realistic. Your exercise should fit your lifestyle, not the other way around.

Don't plan on running a 5K if you hate running. That is a plan for failure.

Another tip? Write your goals down where you can see them on a daily basis.

A goal without a plan is just a dream

Want more information on a fitness topic that has not been covered? Send an email to: dave@ncprecisionfitness.com

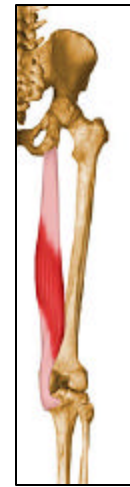
Muscle Anatomy



Biceps Femoris



Semitendinosus



Semimembranosus

Muscle: Hamstrings [Biceps Femoris (BF) , Semitendinosus (ST), Semimembranosus (SM)]

Origin: ischial tuberosity

Insertion: BF—fibular head/lateral condyle of fibula; ST—medial tibial plateau, SM—medial tibial condyle

Eccentric Action: decelerate knee extension, hip flexion, and internal rotation during heel strike. Decelerate iliosacral anterior rotation.

Isometric Action: dynamic stabilizer for the lumbo-pelvic-hip complex.

Concentric Action: assist with hip extension and knee flexion

The hamstrings are typically very tight in most individuals usually because of postural issues. However, individuals with weak glutes force the hamstrings to perform their function (hip extension) causing overloading of the hamstrings which can lead to either low back pain or knee pain, or both. Proper flexibility and the right amount of strength allow these muscles to help stabilize the core as well.



Our Training Philosophy:

**"M.P.E.
TRAINING"
MAXIMUM
PHYSICAL
EFFICIENCY**

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Want to learn about something that has not been on previous newsletters? Send an email to:

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New Years Resolution Fitness Emergency

As the fitness centers and gyms fill up this time of year with folks eager to meet their New Year goals there lurks an ominous foe. Many people jump into exercise with gusto and never take into account existing medical issues, medication side effects, and 'old injuries'.

Heart conditions, Respiratory issues, Diabetes will all complicate your body's ability to successfully negotiate an exercise routine. It goes without saying that clearance from your doctor is of the utmost importance. It seems obvious that your trainer or gym should be staffed to handle "special populations", please check first. An unfortunate fact is that most facilities are not staffed or equipped to handle medical issues and especially medical emergencies. Signing a waiver does not constitute safety for you. Most medical exercise professionals acknowledge that a gradual approach into fitness is key. A person with medical issues does not need to exercise with intensity; rather gradually increasing duration of cardiovascular exercise has been proven more effective and safer. The same holds true with resistance exercises, 1-2 sets is generally accepted as safer and more effective than multiple sets. The key is gradual progression into duration and intensity.

Keep in mind that the goal of 'special population' exercise is improving quality of life, decreasing injury risk, reducing onset and severity of osteoporosis, and limiting the severity of current medical conditions.

Here are a few tips for dealing with some of the more common medical issues:

Aerobic conditioning should be performed three to five days per week for at least 20 to 30 min at your target heart rate. Training at the proper intensity is the key to aerobic training. In response, our bodies make adaptations in order to better handle that stress in the future. Our muscles "learn" to work more efficiently through adaptations made by our central nervous system. Muscles adapt by getting bigger and stronger. Bone density increases and connective tissues become stronger. Adaptations made by the heart and lungs allow them to work more efficiently, increasing our capacity to utilize oxygen. During exercise we physically stress our body and it is our body's adaptation to that stress that makes us healthier. If we don't push ourselves during aerobic training our training stimulus will not illicit a physiological adaptation. It may be necessary to gradually work your way up to the recommended duration and target heart rate. If you're new to aerobic training or haven't exercised in a long time start out slowly. Monitor your heart rate during your aerobic exercise. Gradually increase the pace and duration of your aerobic workouts. Before you know it you will be working at the recommended intensity levels and reaping the full benefit of your aerobic training.

With regards to resistance training an opposing muscle group routine is the best. For every push do a pull. This means that if you performed a chest press the next exercise should be a pull down or row. Pay strict attention to the two R's, Rest and Repetitions. Perform 12-15 reps per exercise, if the last 3 reps on each exercise are as easy as the first 3 then go up a few pounds on the next set, if the last 3 are hard keep the weight the same. Take only 30 seconds between sets and only one minute between exercises. Never strain, never hold your breath and never lift more weight than you can control.

Listen to your body, push yourself within reason, less with better technique (quality over quantity) is better than more. When in doubt, consult with an exercise and or medical professional.

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